



GUMMIES TABLETS LIST

(1) Multi-Vitamin Gummies

No.	Contents	Qty	Unit
1	Vitamin a	500	IU
2	vitamin c	5	mg
3	vitamin d	200	IU
4	vitamin e	0.5	IU
5	vitamin b6	0.6	mg
6	folic acid	70	mcg
7	vitamin b12	3	mcg
8	biotin	30	mcg
9	pantothenic acid	0.6	mg
10	iodine	21	mcg
11	zinc	1.35	mg
12	choline	20	mcg
13	inositol	20	mcg

(2) B-complex Gummies

No.	Contents	Qty	Unit
1	Choline	25	mg
2	Vitamin b5	2	mg
3	Vitamin b6	0.5	mg
4	Vitamin b1	0.3	mg
5	Folic acid	100	mcg
6	Inositol	20	mg
7	Biotin	6	mcg
8	Vitamin b12	0.6	mcg

(3) Calcium + Vitamin D3 Gummies

No.	Contents	Qty	Unit
1	Calcium Carbonate	200/125	mg
2	PHOSPHORUS	70	mg
3	VITAMIN D ERGOCALCIFEROL	400/200	IU

(4) Vitamin C and Zinc Gummies

No.	Contents	Qty	Unit
1	Vitamin C	40	mg
2	ZINC	3	mg

(5) Folic acid Gummies

No.	Contents	Qty	Unit
1	Calcium Carbonate	200/125	mg

(6) iron Gummies

No.	Contents	Qty	Unit
1	Iron	10MG /5MG	mg
2	Folic acid	1/250	mg
3	B12/ CYANO COBALAMINE	1.6	mcg

(7) Lutein, Zeaxanthin & Astaxanthin Gummies

No.	Contents	Qty	Unit
1	Lutein	8	mg
2	Zeaxanthin	800	mcg
3	Astaxanthin	1600	mcg
4	Vitamin c	30	mg
5	Vitamin E	5.04	mg
6	Vitamin A	499.8	mcg

(8) Elderberry, Blueberry, Vitamin C, Vitamin E, Zinc Gummies

No.	Contents	Qty	Unit
1	Elderberry Extract	50	mg
2	Blueberry Extract	25	mg
3	Vitamin C	25	mg
4	Vitamin E	25	mg
5	Zinc	3	mg

(9) Biotin Gummies

No.	Contents	Qty	Unit
1	Biotin	1250	mcg
2	Vitamin C	20	mg
3	Vitamin E	10	IU
4	Vitamin A	180	mcg
5	Zinc	1.25	mg

(10) Gummies for Sleep (with Melatonin)

No.	Contents	Qty	Unit
1	Valerian	125	mcg
2	Melatonin	5	mg
3	Vitamin B6	2.4	mg

(9) Biotin Gummies

No.	Contents	Qty	Unit
1	Biotin	1250	mcg
2	Vitamin C	20	mg
3	Vitamin E	10	IU
4	Vitamin A	180	mcg
5	Zinc	1.25	mg

(10) Gummies for Sleep (with Melatonin)

No.	Contents	Qty	Unit
1	Valerian	125	mcg
2	Melatonin	5	mg
3	Vitamin B6	2.4	mg

(11) Apple cider vinegar Gummies

No.	Contents	Qty	Unit
1	Folate	200	mcg
2	Vitamin B12	1.2	mcg
3	Apple cider vinegar	500	mg

(12) Amla,Ashwagandha and Giloy Gummies

No.	Contents	Qty	Unit
1	Amla	50	mg
2	Ashwagandha	50	mg
3	Giloy	50	mg

(13) PMS Gummies

No.	Contents	Qty	Unit
1	Chest berry extract	15	mg
2	Lemon Balm extract	15	mg
3	Ginseng extract	5	mg
4	Magnesium	1	mg
5	Vitamin B6	1	mg

(14) Turmeric and ginger Gummies

No.	Contents	Qty	Unit
1	Turmeric extract	150	mg
2	Curcumine extract	50	mg
3	Ginger root extract	25	mg
4	Black pipper extract	7.5	mg
5	vitamin C	20	mg

(15) Flaxseed and DHA Gummies

No.	Contents	Qty	Unit
1	Flaxseed	120	mg
2	DHA	50	mg

(16) Green Coffee Gummies

No.	Contents	Qty	Unit
1	Green Coffee seed extract	20	mg
2	Vitamin C	10	mg
3	L-carnitine ttrate	10	mg
4	Sodium	5	mg

(17) Collagen peptide Gummies

No.	Contents	Qty	Unit
1	Collagen peptide	50	mg

(18) GABA, Lemon balm Extract and L-Theanine Gummies

No.	Contents	Qty	Unit
1	GABA	50	mg
2	Lemon Balm	37.5	mg
3	L-theanine	25	mg

(19) Hyaluronic acid, collagen peptide and organic sea buckthorn juice Gummies

No.	Contents	Qty	Unit
1	Hyaluronic acid	60	mg
2	collagen peptide	50	mg
3	Vitamin C	20	mg
4	Organic sea buckthorn	37.5	Mg

(20) American ginseng extract, b6, b12 and Alpha GPC gummies Gummy

No	Contents	Qty	Unit
1	American ginseng extract	50	mg
2	Vitamin B6	1	mg
3	Vitamin B12	1	mcg
4	Alpha GPC	10	mg



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